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LIV WAS ONCE JUST STEVEN TYLER'S KID. MEET THE NEXT GENERATION OF CELEBRITY DAUGHTERS WITH TALENT PAGE 8

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BIG GAME HUNTERS

Ottawa Senators defenceman Sergei Gonchar shoots the puck at Florida Panthers goalie Jose Theodore as defenceman Keaton Ellerby tries to block the shot during the first period of Ottawa's home opener at Scotiabank Place, Monday. The Sens won 4-0. For more coverage of the game, visit metronews.ca.
ADRIAN WYLD/THE CANADIAN PRESS

No rush?

Casino. Mayor denies expediting vote on controversial issue

ALEX BOUTILIER
alex.boutilier@metronews.ca

Mayor Jim Watson defended his office's behind-the-scenes co-operation with Ontario Lottery and Gaming Monday, and denied rushing a vote on the issue, saying he'll continue to work closely with the gambling outfit on the proposed Ottawa casino file.

Watson told reporters Monday he believes his office acted appropriately in liaising between two levels of government on the file.

"That's the role of the mayor. The mayor is to deal with intergovernmental relations," Watson said.

"I'm taking my direction from council, and the council was very clear in their motions ... We have ongoing discussions with many different provincial agencies on an ongoing basis. I don't see anything wrong with that."

The discussions in question began before council took its October vote to allow OLG to explore the possibility of a new casino. According to a media report, Watson's chief of staff Serge Arpin was in frequent communication with OLG higher-ups in the lead up to that vote.

Several councillors expressed concern the casino process seemed rushed, with council being asked to "signal interest" in the possibility of a casino without sufficient information on the social and economic impacts of such a project.

The more vocal opponents decried the fact council only set aside one evening committee meeting to hear feedback on the proposal before council voted on it only a few days later.

Watson disputed the idea his office "rushed" the vote on the issue.

"I didn't think it was rushed, I think this is the first of many steps we have to take," Watson said, noting the one committee meeting where the public got to weigh in on the casino proposal was perhaps one of the longest council has had in recent years.

Nothing to see here

"We have ongoing discussions with many different provincial agencies on an ongoing basis. I don't see anything wrong with that."

Mayor Jim Watson, in standing up for his office's private meetings with the OLG.

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NEWS

Firm aims to revitalize city's 'cash-strapped' startups

Mistral Venture Partners. Goal of $35M venture capital funding

JOE LOFARO
joe.lofaro@metronews.ca

Canadian investment firm Mistral Venture Partners announced in Ottawa Monday it wrapped up its first round of venture capital funding and exceeded its goal of $10 million.

This is just the beginning in the firm's plans to revitalize what Invest Ottawa calls "Ottawa's cash-strapped startup community." The overall target for Mistral Venture Partners is $35 million in venture capital funding.

The fund was announced in July after meetings between Invest Ottawa CEO Bruce Lazenby and Ottawa Mayor Jim Watson.

At a press conference at Ottawa City Hall Mistral Venture Partners' managing director, Code Cubitt, said the first round of funding was raised by talking to business leaders in the private sector and convincing them of the opportunity to make money.

"It typically takes 12, 18, 24 months to raise a fund, to have a first close. We've done it in six months," said Cubitt. "So it's a testament to the enthusiastism and the desire for the market to participate."

Cubitt did not disclose the exact amount of funding that was raised in the first round.

Tech-based startups involved in the mobile industry, computing, Internet-related fields are the ones who are slated to benefit from the investment, Cubitt said.

Noting that this was the first new fund to close in Ottawa in more than a decade, Watson thanked Cubitt and the investors for their confidence they've shown in the local community.

"Those investments go to some very exciting, dynamic startup companies that will allow them to go from a small startup to, we hope, a world-class success story emanating right here for the City of Ottawa," said Watson.

Mistral is expected to start looking for early stage companies that need first- or second-round funding early this year.

Invest Ottawa CEO Bruce Lazenby looks on as Mistral Venture Partners managing director Code Cubitt announces the firm has exceeded its goal for the first round of venture capital funding for Ottawa's startup community. JOE LOFARO/ METRO

Ice stymies recovery plans for submerged car

A truck transporting a large crane heads northwest on Ferry Road Monday afternoon toward a police recovery operation site near Quyon Ferry landing where a car drove through the ice and into the Ottawa River. JOE LOFARO/METRO

Ottawa police say they will need to use dynamite and a crane to free a car discovered submerged beneath the icy Ottawa River near Fitzroy Harbour.

Police resumed the recovery operation Monday afternoon. The car is believed to belong to a Donna Graves, 61, and her 29-year-old son Daron, who were reported missing Thursday.

On Saturday, a police dive team found one body inside the car, which was found upside down under several metres of ice-covered water by the Quyon Ferry landing.

The car submerged in the Ottawa River matches the description of the car belonging to the Graves, police said on the weekend. The identity of the body has not been determined.

Police spokesperson Henri Lanctot told reporters about 500 feet from the scene on Ferry Road a hydro truck will have to clear power cables near the recovery site before the crane can retrieve the car.

The weather, he said is hampering police operations, particularly for the dive team.

"There's poor visibility conditions, there's also cold temperatures which makes their task very difficult," said Lanctot.

He said police do not have any details of how the car ended up in the river. Late Monday police said ice conditions were such that dynamite was required to free the car rather than the chainsaws police had been planning to use.

JOE LOFARO/METRO

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Bayview Yards plan moves a step closer

Redevelopment.
Derelict site sits on seven hectare parcel of land comparable in size to Lansdowne Park

The city's finance committee has given staff the go ahead to begin work on a municipal land development corporation for the redevelopment of Bayview Yards — a vacant, city-owned site near Hintonburg.

The redevelopment took another step forward Monday morning, as the city's flagship committee gave its support, in principle, to a new "innovation complex" for Invest Ottawa and a multi-use studio for the site.

Both the Mechanicsville and the Hintonburg community associations applauded the plan as a good first step. But both said there's much work to be done on the overall vision for the redevelopment — and that the community has to be included in that work.

Mechanicsville Community Association president Guy Lachapelle added that the neighbourhood needs basic amenities — a community centre, recreation and green space, commercial development — in addition to what's being proposed.

Jeff Leiper of The Hintonburg Community Association said his organization was "disappointed" there was no consultation with the affected communities prior to the report.

"There's been so little time to respond to the important proposals in this report," Leiper told the committee.

Both Lachapelle and Leiper asked that city hall consider including representation from the community on Bayview's municipal land development corporation.

The studio and innovation hub — which will form one part of a larger Bayview Station community design plan — is partially dependent on $15 million from the provincial government that has yet to be secured. Staff are expected to report back to committee after the release of the Bayview Station community design plan.

ALEX BOUTILIER/METRO

Worker injured on the job

Construction workers go about their jobs on a Westboro construction site, where an industrial mishap injured a worker Monday morning. A 26-year-old man was taken to hospital in stable condition after being struck in the face with the nozzle of a cement pipe.

JESSICA BEDDAOUI/FOR METRO

A new hurdle

Coun. Blais suffering from pneumonia

Hospitalized after suffering a heart attack earlier this month, Coun. Stephen Blais has developed a severe case of pneumonia.

In a statement to the press Monday evening, Blais' family described his condition as "stable," but with a "new hurdle" in the form of pneumonia.

"We have the utmost confidence in the medical care that Stephen is receiving at the Heart Institute, which has been comforting to us during these times," read the statement.

"We know Stephen is a fighter, which strengthens our belief that he will overcome this temporary setback."

The family once again thanked supporters and well-wishers.

ALEX BOUTILIER/METRO

Store robbery

Police on the hunt for rod-wielding bandit

The Ottawa Police Service Robbery Unit is asking for help identifying a suspect in a December convenience store robbery.

On Dec. 21 a man entered a shop on Prince of Wales Drive near Fisher Avenue armed with a metal rod and demanded cash and cigarettes. The suspect fled with an undisclosed amount of money and cigarettes.

No one was injured.

The suspect is described as a heavy set black man with black hair and brown eyes. At the time of the robbery, the suspect was wearing a brown jacket with a logo on the right sleeve, a brown toque and black jeans and shoes.

Anyone with information is asked to contact the Ottawa Police Service Robbery Unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477. JESSICA BEDDAOUI/ FOR METRO

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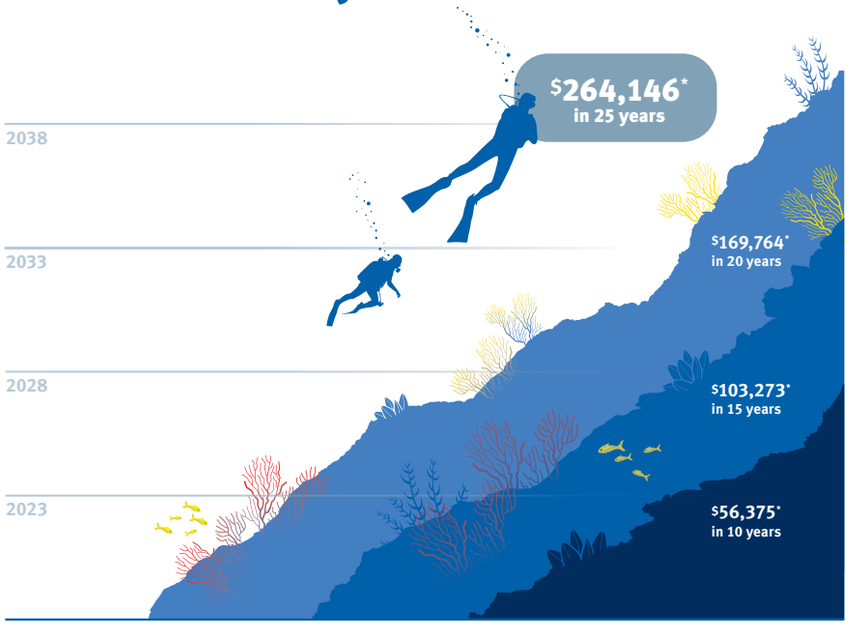

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Obama outlines plans

Second term. U.S. president's inauguration speech sets out bold agenda for next 4 years

A solemn U.S. President Barack Obama took the oath of office for the second time in as many days on Monday, this time before an estimated 800,000 jubilant citizens who cheered on his appeal for Americans to come together and fight for cherished principles of justice and equality.

Obama's glitzy public swearing-in at the majestic Capitol building, featuring pop star Beyoncé singing the national anthem, took place on the national holiday devoted to revered civil-rights leader Martin Luther King, Jr.

He then delivered a spirited, substantive 19-minute address that touched on his administration's priorities. Obama didn't shy away from some of the most hot-button debates currently raging in the United States, including immigration reform, gun control, climate change and same-sex marriage.

"Our journey is not complete until our wives, our mothers and daughters can earn a living equal to their efforts," he said. "Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law — for if we are truly created equal, then surely the love we commit to one another must be equal as well."

Even as inauguration festivities played out across the U.S. capital all weekend, gun-rights activists held a Gun Appreciation Day as a form of protest against Obama's proposals to combat gun violence.

In addition to gun control, the next four years will also include a major push for immigration reform from the White House. The Obama administration wants a sweeping bill that would include a path toward citizenship for millions of illegal immigrants already living stateside. Obama will also face continuing pressure to bring the country's $16-trillion US national debt to heel. There will also be a decision in the weeks to come on the fate of TransCanada's Keystone XL pipeline.

THE ASSOCIATED PRESS

U.S. President Barack Obama and first lady Michelle Obama dance during the Commander-In-Chief inaugural ball at the Washington Convention Center during the 57th presidential inauguration Monday in Washington. EVAN VUCCI/THE ASSOCIATED PRESS

Capt. Wales. Harry bids war adieu

The U.K. Ministry of Defence revealed Monday that 28-year-old Prince Harry, a.k.a. Capt. Wales, is returning from a 20-week deployment in Afghanistan, where he served as an Apache helicopter pilot with the Army Air Corps.

In interviews conducted in Afghanistan, the third in line to the British throne described feeling boredom, frustration and satisfaction during a tour that saw him kill Taliban fighters on missions in support of ground troops.

Prince Harry
THE ASSOCIATED PRESS

He also spoke of his struggle to balance his job as an army officer with his royal role — and his relief at the chance to be "one of the guys." Stationed at Camp Bastion, a sprawling British base in the southern Afghan desert, the prince — known as Capt. Wales in the military — flew scores of missions as a co-pilot gunner, sometimes firing rockets and missiles at Taliban fighters. THE ASSOCIATED PRESS

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Feds stay skeptical of 'Canadian' militants

Crisis in Algeria.
Officials want to verify passports found on site

Algerian firemen carry a coffin in Ain Amenas. ANIS BELGHOUL/THE ASSOCIATED PRESS

In the absence of reliable information, the federal government is assuming that fake passports could be behind Algeria's claim that Canadians are among the militants who attacked a remote energy plant.

Senior federal sources say the government is frustrated by a lack of information.

And they are unhappy that Algeria's prime minister went on television Monday and announced that two Canadian nationals were among the band of al-Qaida-linked militants.

"The concern is we want to see the documentation. We want to see what proves that they're Canadian," said one government official who was not authorized to speak publicly and requested anonymity.

"As far as we know, it's a fake passport."

Algerian Prime Minister Abdelmalek Sellal did not say Monday whether the Canadians were among the 29 militants killed by Algerian forces that stormed the site or the three who were captured alive.

Hostages who had escaped recalled hearing at least one of the militants speaking English with a North American accent.

Other unconfirmed reports said one of the Canadians was co-ordinating the attack.

According to former senior agents at CSIS, Canada's spy agency, it is plausible that there might be a Canadian connection to the Algerian debacle.

"The North African file has always been very important ... because we have a French community in Quebec, where they can establish themselves," Michel Juneau-Katsuya said.

CSIS has had the Algerian community in Montreal under surveillance for decades now, he said, citing a series of high-profile cases. THE CANADIAN PRESS

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Ottawa picked up expenses during CEOs' trip to China

Trade mission. Leaders who were part of PM's delegation in 2012 put meals, accommodation and more on public tab

Prime Minister Stephen Harper speaks to a business group in Beijing last February. Top Canadian executives who accompanied Harper on the trip had some of their expenses covered by the government. THE CANADIAN PRESS FILE

The Conservative government covered expenses for some of the country's top executives as they accompanied the prime minister around China a year ago, a move business leaders and officials defend as a good investment.

The trip signalled a change of approach for Stephen Harper, who for years eschewed the idea of leading big trade offensives abroad.

The Public Accounts of Canada show that between 2006 and 2011, his wife Laureen Harper, and for many years his personal stylist Michelle Muntean, were the most common add-ons to the government tab.

Then came the China trip last February. The delegation to three Chinese cities included 30 executives from major oil, agricultural and manufacturing companies as well as roughly two dozen members of the Chinese-Canadian cultural community. Compare that with a 2009 trip to China — Harper's first — when he brought along eight people, including Laureen, his stylist and four Chinese-Canadian businesspeople.

Corporations and associations including Bombardier, Cenovus Energy, the Canadian Association of Petroleum Producers and Cameco confirmed that the government paid for portions of the expenses, with the amount varying from firm to firm.

The Canadian Taxpayers Federation says it doesn't see the rationale for paying any of the CEOs' expenses. "I think most Canadians would be scandalized to learn that they're paying the expenses of a CEO of a large corporation to promote their company on a junket like this," said Gregory Thomas, federal director of the federation.

THE CANADIAN PRESS

By the numbers

$1,200

The Foreign Affairs Department says local transportation, accommodation, meals and "miscellaneous expenses" incurred by an official delegation are covered by the government. For the 2012 non-governmental participants, that meant an average of $1,200 a person.

Jan. 30 launch

RIM shares surge again ahead of BB10 unveiling

Research In Motion's stock reached levels unseen since early last year in trading Monday before settling for a substantial gain of almost 11 per cent on the day. Shares in the BlackBerry maker hit $18.49 at one point before closing up $1.70 at $17.41 on the Toronto Stock Exchange. The surge comes as RIM prepares to unveil its new BlackBerry 10 operating system and line of smartphones. THE CANADIAN PRESS

Market Minute

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Atari pushes reset button

In this 1984 photo, a woman demonstrates Atari's never-released Mindlink system, which let users control a video game by moving their forehead muscles. On Monday, Atari said that its U.S. operations have filed for Chapter 11 bankruptcy protection in an effort to separate from its French parent company, which is filing a similar motion separately in France. In a statement, Atari says the move is necessary to secure investments it needs to grow in mobile and downloadable video games. Atari, which turned 40 last year, was a video-game pioneer with games like Pong and Centipede, but has changed ownership several times amid financial problems. THE ASSOCIATED PRESS FILE

FRIENVY: WISHING OTHER'S FACEBOOK PHOTOS WERE YOUR OWN

SHE SAYS...
Jessica Napier
metronews.ca

Is everyone having more fun than me?

It's a nagging thought that keeps creeping into my consciousness and I can't seem to get rid of it. I mean, is everyone else out there making more money, having more sex, drinking better wine and basically being better at life than me?

Gasp!

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of.

You'd think I would have grown out of this insecure jealousy when I left my angsty teenage years and emerged as a confident and happy adult. As if. Now I'm in my twenties and my attachment to social media (which occasionally borders on obsession) only exacerbates my problem.

In many ways, social networking sites like Facebook and Instagram feel a lot like high school. Except now I don't have to wonder what everyone else is doing; now I know I'm missing out because I'm spying on the cool kids at their cool-kid parties in real time while I just lie on the couch listening to a Harry Potter audio book.

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of. It seems that every single person I stalk (follow) online seems to be doing something designed to make me feel like my life is utterly boring.

But of course that isn't the case. I too have posed obnoxiously next to champagne bottles and posted show-offy travel photos from Greek islands; I'm sure I've been responsible for igniting other people's jealousy from time to time.

The key to living with this is to give yourself a reality check every once in a while. I have to force myself to step away from the #humblebrags and the Rich Kids of Instagram and realize that these are just the highlights and no one is having the "Best. Night. Ever." every single night. We all stub our toes, clean the bathroom and go to the dentist occasionally; we just don't feel the need to immediately snap, hashtag and upload these particularly mundane moments.

Follow Jessica Napier on Twitter @MetroSheSays

Think your friends are having more fun than you? They probably are. Not.
ISTOCK

It's the Starlight Express

BRAD GOLDPAINT/SOLENT

Astrophotography

Photog captures star trails lakeside

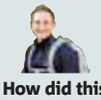
It's a wild starry night up above, reflected in the stillness of the lake below. Photographer Brad Goldpaint shot this stunning image at Sparks Lake near the Cascade mountain range in Oregon.

These star trails are made by merging photos of stars recorded as the Earth rotates over time. The camera's shutter is open and the exposure times are long.

METRO WORLD NEWS

Q and A

Reconnect to the night sky



BRAD GOLDPAINT
Photographer

How did this picture come about?
I took the photograph at Sparks Lake in Oregon, about three kilometres from the nearest road. I arrived at sunset and stayed there the whole night. I captured hundreds of images, which I later stacked together using Photoshop to create the final photograph.

Why did you pick this location to take your star trails?
First and foremost, a lot of experience — I have been a night sky photographer for three years — preparation and patience go into picking the right place. For example, the night sky here at the lake shows Polaris, or the North Star, which is key to forming the centre around which the star trails swirl.

What message do you hope people will see inside your photography?
I want to reconnect others with the night sky, especially since our city lights have cut off this connection. I have donated images of mine to the International Dark-Sky Association to raise awareness of light pollution. Also, having worked as an architect, I apply my trade to photography by showing visual representations of fixed patterns, in an attempt to find meaning and emotion.

Metropolitan Panel

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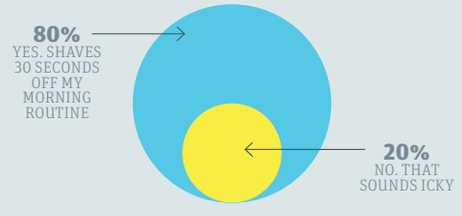
Would you wear moisturizing jeans?



Twitter

@dajana_saric:
Dog sledding and beaver tails at school ? Not a problem at u Ottawa#uottawaovercarleton #unilife

@cbrohmer:
Does anyone know when @BarackObama is making his next trip to Ottawa? I would actually love to be in attendance for that one.

@coltonkmartin:
Drivers of Ottawa: just because it looks like you can park on the shoulder doesn't mean you should... #becausesnowbank

@JohnDGardiner:
Ill always root for the Sens cuz part of my fam is from Ottawa Canada. #Eh

@PrettyBoyMoe24:
Ottawa is gonna dust Florida tonight. #gosengo

@tweetsonlo:
Finally, front seat on an #OC-Transpo double-decker. #OttCitypic.twitter.com/SwA9YPoJ

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DVD review

End of Watch

Director. David Ayer

Stars. Jake Gyllenhaal, Michael Pena, Anna Kendrick

●●●●○

End of Watch begins as just another LAPD cop story, something writer/director David Ayer is all too familiar with, having written Training Day and directed Harsh Times and Street Kings. Officer Brian Taylor (Jake Gyllenhaal) is an ex-marine studying film at night school. He wants to make a video, in defiance of police rules, on what it's really like patrolling L.A.'s rock-hard South Central 'hood. To this end, he and his partner, Officer Mike Zavala (Michael Pena), are packing tiny cameras. Crime is rampant in L.A.'s toughest division and the good cops have to turn a blind eye to petty offences because there's too much really bad stuff going down to keep them occupied. "Try not to kill anybody before end of watch," a superior says as Taylor and Zavala are assigned to a patrol. The officers' dedication to their jobs and each other is put to the test when they run afoul of drug lords during a routine traffic stop, and a twisted sense of neighbourhood pride becomes a vow to exact revenge. It's refreshing to see the boys in blue be the good guys for a change.

PETER HOWELL

Don't call me daughter

Sure, familial connections can kick open plenty of doors, but most next generation talents struggle to make the grade and live up to their star-powered lineage. Lately a passel of gals have made coming into their own while slipping the looming and lengthy shadows of their glitterati parents look easy. We salute this generation's Kate Hudsons and Liv Tylers

MIKE DOJC
scene@metronews.ca

Dakota Johnson

2006's Miss Golden Globe, an honour typically lavished upon celebrity spawn, toed into the movie biz's alluring waters before taking the plunge. The model/actress's film debut wasn't exactly a stretch. Johnson played one of her real life mom's daughters in Crazy in Alabama. Last year she hit her stride with turns in 21 Jump Street and The Five Year Engagement before garnering top billing on Fox's quirky comedy Ben and Kate. Johnson is Kate, a tenderhearted single mom with a pinch of nervous energy and a dash of sass who co-parents her daughter with her nutty older brother. Watch out Dakota Fanning, there's another blonde named after the same Native American tribe gunning for your Google ranking.

Pedigree: Don Johnson and Melanie Griffith are her parents and Antonio Banderas is her stepfather.

Zosia Mamet

After piling up a flurry of small roles in offbeat independent fare and snagging high profile yet fleeting part-time gigs on NBC's Parenthood and Showtime's United States of Tara, Mamet blew up faster than a Glengarry Glen Ross quote. Zosia's proper breakout came when she landed the part of Joyce on Mad Men, a photo editor for Life Magazine who gives Peggy Olson a window into NYC counterculture. She then showed her character acting virtuosity, segueing from a worldly lesbian in the 1960s to Shoshanna, a bubbly short form happy chatterbox who is also the most innocent member of the Girls gang.

Pedigree: Pops David Mamet is an Oscar-nominated screenwriter and Pulitzer Prize winning playwright. Mom is Oscar-nominated actress Lindsay Crouse.

Mamie Gummer

While Emily Owens M.D. flatlined after just seven episodes, Gummer shined and proved she has the chops to helm a series. A thespian straight out of the cradle, Gummer has been receiving rave reviews since she was three. In 1986's Heartburn, an adaption of a Nora Ephron's autobiographical novel starring Gummer's marvellous mama, the New York Times gushed that Mamie (using the pseudonym Natalie Stern at the time to avoid a media feeding frenzy) was "an inordinately cute baby" who was "already accomplished enough to steal scenes, even from Miss Streep." Critical acclaim also looks to be in the cards for her latest movie, The Lifeguard, which has been nominated for the 2013 Sundance Film Festival's Grand Jury Prize.

Pedigree: Calls sculptor Don Gummer dad and Meryl Streep mom.

Alice Englert

This Kiwi newcomer earned a British independent film award nomination for last year's Ginger & Rosa, but forget about across-the-pond kudos, she's about to conjure up a mass media maelstrom. Englert stars as a teenage witch in Warner Bros' Beautiful Creatures, the film version of the first book of the supernatural romance series The Caster Chronicles. Scores of malleable tweenage fan groups from twihards to tributes (Hunger Games devotees) will start obsessing over Englert in the run up to the Valentine's day release. Staying in the love story zone, Englert's future projects include Singularity, a time and continent-straddling epic with Josh Hartnett and Bollywood babe Bipasha Basu.

Pedigree: Her mother is Jane Campion, the first woman filmmaker to take home the Cannes Film Festival's top prize, The Palm d'Or.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Famous friends and a front stage Fiasco: Welcome back Barack!

THE WORD
Dorothy Robinson
scene@metronews.ca

Yesterday was a big day for President Barack Obama as well as the celebrities in attendance for the 57th inauguration. Kelly Clarkson (who came with new fiancé Brandon Blackstock) performed My Country, 'Tis of Thee while Beyoncé Knowles (in an Emilio Pucci gown) cranked out the national anthem — and even got hugs from President Obama and First Lady Michelle Obama afterward. Looking on from the audience were Katy Perry and boyfriend John Mayer as well as Eva Longoria in a beautiful pink coral trench coat. And in an awesome snafu, Boston Celtics great Bill Russell was misidentified as Morgan Freeman by ABC announcer George Stephanopoulos.

At the official inaugural balls, such bold-faced names as Alicia Keys, Usher, John Legend, the cast of Glee, Brad Paisley, Nick Cannon, Jamie Foxx, Jennifer Hudson, Marc Anthony and Chris Cornell are expected to appear.

One celeb who had a less-than-fun inauguration experience? Lupe Fiasco, who was asked to leave the stage at a pre-inauguration concert in Washington D.C.

"Lupe Fiasco performed at this private event, and as you may have read, he left the stage earlier than we had planned," concert organizers said in an email to reporters. "But Lupe Fiasco was not 'kicked off stage' for an 'anti-Obama rant.' We are staunch supporters of free speech, and free political speech. This was not about his opinions. Instead, after a bizarrely repetitive, jarring performance that left the crowd vocally dissatisfied, organizers decided to move on to the next act."

Franco video was all in good fun

James Franco

James Franco insists he meant no offense by the odd video he briefly posted online of himself lip-syncing to Justin Bieber's Boyfriend wearing a crooked baseball cap and a wig with very Bieber-esque bangs. (The clip was quickly taken down from Franco's WhoSay account, but not before copies of it could hit other sites.)

"I wasn't trying to diss him," Franco tells E! News. "I was asked to take it down by some people. Bieber didn't contact me, but I don't think he was too happy."

Leonardo DiCaprio

A hunk and a hero: DiCaprio to spend free time doing good

Leonardo DiCaprio has gone from filming Django Unchained to The Great Gatsby and straight into The Wolf of Wall Street, and the schedule has taken its toll on him.

"I'm a little bit drained," DiCaprio tells German newspaper Bild. "I am now going to take a long, long break. I've done three films in two years and I'm just worn out." So what will DiCaprio be doing if he's not acting for a bit? Certainly not going on vacation. "I would like to improve the world a bit," he says. "I will fly around the world doing good for the environment."

She's loved, she's lost and she's singing it loud

Selena Gomez

Selena Gomez is using music to help work through her emotions following her split from Justin Bieber — just not her own music.

The actress and singer treated the crowd at a recent UNICEF charity concert in New York to tunes of heartbreak by Justin Timberlake and Taylor Swift. Before launching into Timberlake's Cry Me a River, Gomez told the crowd, "I've been through a lot the past few months. It's been weird and sad and cool. This song definitely speaks to me." She later played Swift's I Knew You Were Trouble, prefacing the tune with, "It's by my best friend in the entire world and if anybody has felt anything painful to their heart, they know who this girl is."

Taylor Swift ALL PHOTOS GETTY IMAGES

Taylor second guessing the Swift search for love

Taylor Swift's patchy romantic history has helped her pen a number of hit songs, but it's also made the subject of more than a few punchlines, and the 23-year-old singer has had enough, according to Radar Online.

"At first Taylor just thought it was funny how much interest people had in her love life and she went along with it," a source close to the singer says. "But now she's the butt of jokes on Saturday Night Live, in the tabloids and on the late night shows. She laughed it off, but the jokes made about her at the Golden Globes got under her skin."

But Swift may also be taking all the criticism and turning it into something positive, using this as a chance to turn her love life around.

"The jokes being made about her love life embarrass her, but it's finally hit home with Taylor," the source says. "She really wants to make an effort to slow down and not jump from boyfriend to boyfriend. In a weird way all the negative press has really opened her eyes and will be good for her."

Healthy eating

Five healthy habits to try this year

JULIA FURLAN
Metro World News

It's easy to take for granted the root of a New Year's resolution — to be resolute. According to Janet Helm, registered dietician and author of Cooking Light: The Food Lover's Healthy Habits Cookbook, getting healthy — and staying healthy all year — is about starting small.

"Your goal should be attainable. If you have success, that fuels greater success and then you can celebrate the little victories," Helm said

1. Cook more often
Firing up the stove — say, three times a week — is the foundation of healthy eating. Eating out generally means you'll consume at least 50 per cent more calories.

2. Eat a healthy breakfast
"When you start your day on the right foot, it leads to better habits throughout the day," Helm says.

Eating breakfast helps curb temptations for the rest of the day.

3. Be a mindful eater
Helm suggests eating all kinds of foods and focusing on controlling portions instead of restrictions.

4. Eat more fish
Follow the lead of Japan and Iceland — where the average life expectancy is 81 years — and incorporate more fish into your diet.

5. Be a part-time veggie
Helm suggests going veg once a week for all three meals and encourages experimentation.

Reasons to consider veganism in 2013

Kris Carr made some major life changes to confront a serious disease. BILL MILES

Diet. Cancer survivor and Crazy Sexy Kitchen author Kris Carr says it's time to deal with disease and obesity on our plates — she also shares her favourite vegan recipes

ROMINA McGUINNESS
scene@metronews.ca

Kris Carr liked smoking and fast food.

Not cooking.

So what? She was like any other 20-something-year-old living in a big city — stressed, tired and hungry.

But the day she was diagnosed with an incurable stage four cancer at 26-years-old, she knew her eating habits were partly to blame.

"I had a lot of confusion and chaos when it came to food. I only ate hamburgers, peanut butter and jelly. I was obsessed with calories, yet I lived on carbs and trans fats," she says.

Now a bonafide vegan, she wants you to know that you can turn your life around simply by changing your diet.

You have 60 seconds to make me go vegan. Go.
"Animal products, processed foods, refined sugars ... all these things create inflammation in the body, depress the immune system and mess with your hormones. Dairy can be difficult to digest. It creates mucus and contains growth hormones — so does flesh — which also contains saturated fat, which can cause dietary cholesterol."

OK, I'm convinced. The problem is, it's much easier to fry a steak than to steam broccoli.
"People complain about not having the time to cook. Well I have no time to get sick — it takes a lot of energy, time and focus. We can't wiggle our way out of eating well. Doing so will improve your life, so relegating it to something that's a drag is crazy."

Aren't you nervous meat and dairy lovers will want to throw your book in the trash?
"I'm not demanding people stop eating meat and dairy. Just that they eat less of it. I want people to become plant passionate — not vegan."

Top 5

Healthy habits you can steal from Kris Carr

1. Load half of your plate with vegetables.
2. Remove dairy from your diet and assess the sugars you're consuming.
3. It's not just about food but your mindset. Low self-esteem can be the number one thing that keeps people from making a change.
4. Strictly counting calories is missing the point. We didn't come into this planet with a set of charts. Calories only matter if you eat foods that have been heavily modified.
5. Empty calories cause endless hunger. Eat a more nutrient-dense diet in order to feel more satiated and crave less food.

Take note

Kris's kitchen basics

Use these spices: garlic granules, salt, pepper, turmeric, cumin and chili.

Nutritional yeast. Use this instead of cheese.

Tamari. This is a good alternative to soy sauce.

Olive and flaxseed oil

Grains. Quinoa (called the bachelor's grain as it's easy to make and high in protein) brown rice, millet and lentils.

Cashew nuts. Great for a snack or to use in desserts.

Want the recipes? Check out Metro's Food page to get recipes from Kris Carr's book Crazy Sexy Kitchen.

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Google searches for flu spiked nearly 240 per cent in the last month in Canada. ISTOCK PHOTOS

Google search reveals lots about who is sick

CELIA MILNE
life@metronews.ca

When you Google "flu," you're part of a giant trend.

Sniffing, coughing and shaking with fever, you grimly go online searching for remedies and a sense of how long you'll be sick. When tens of thousands of people do that, it's a helpful predictor that flu has hit your area.

"By counting how often we see these search queries, we can estimate how much flu is circulating in different countries and regions around the world," says Aaron Brindle, a spokesman from Google Canada, based in Toronto.

Canadian searches for "flu" on Google spiked 240 per cent in the last 30 days, according to Google, and are on a slight wane now. The province with the most flu activity is Manitoba.

Only clinical data can truly predict epidemics, but Google data provides health officials with early warning that a wave of illness is occurring. Seasonal flu causes an estimated half a million deaths a year worldwide.

What can you do to prevent the flu?

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an infection prevention expert in the U.S. and Canada. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Best Health

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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, on newsstands now, we offer seven ways to make sure you keep your own health at the top of your priority list.

Here are three to get you started.

1. Make appointments — and keep a schedule.
If you miss one and have to reschedule, it could mean a long wait. Set alerts on your mobile phone to remind you a week in advance.

2. Be proactive when you see your doctor.
Proactive patients take an active interest in achieving optimum health, even if it means hard work like losing weight or quitting smoking.

3. Speak up.
Doctors tell us they have heard, and seen, it all. They don't get embarrassed so you shouldn't either when reporting sensitive symptoms.

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This week: Breath Easy, But Not Through the Mouth

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A fish-free option for vegans who love tuna sandwiches

This recipe serves 4. SUBMITTED

This combination of pickles, celery, onions and black pepper will tickle the taste buds of traditional tuna lovers.

1. Blend the soaked almonds and sunflower seeds in a food processor until finely minced. Transfer into a bowl.

2. Add the celery, onion, pickles, herbs, lemon juice, agave, kelp, salt and pepper to nut/seed mixture and stir thoroughly. Set aside.

3. Spread some Dijon mustard on rye bread. Add butter lettuce and tomato.

4. Scoop a generous helping of "tuna" on each slice of bread. Finish with more black pepper, lettuce and tomato.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1 cup raw almonds soaked for a few hours in water
- 1 cup sunflower seeds soaked for a few hours in water
- 1/3 cup minced celery
- 1/4 cup minced red onion
- 1/3 cup pickles, diced
- 2 tbsp minced dill
- 1 tbsp minced oregano
- 3 tbsp lemon juice
- 1 tbsp agave
- 2 tbsp kelp granules
- 1/2 tsp sea salt
- Freshly ground black pepper, to taste
- Dijon mustard
- 4 pieces whole grain rye bread, toasted
- 6 butter lettuce leaves
- 1 vine-ripened tomato, sliced

I can't believe it's not tuna!

"These are recipes people are used to, only without animal products. You won't taste the difference."

Vegan cookbook author Kris Carr, on the recipes in Crazy Sexy Kitchen

Health Solutions

The healthy side of Mexican food

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The taco trend is huge and, contrary to popular belief, Mexican food in its authentic form is quite healthy. It isn't all corn chips and cheese sauce. The other traditional ingredients are top-shelf anti-aging, anti-cancer, anti-obesity deliciousness.

Here are some healthy Mexican items:

Avocado: High in fibre and good fats, plus lutein to protect eyes. It also contains folic acid for your heart and unborn baby.

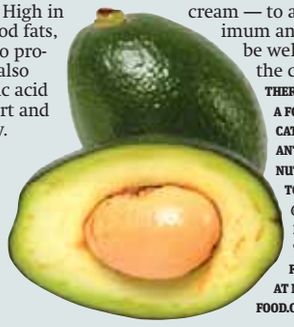
Tomatoes: Good source of chromium to help balance blood sugar. The anti-oxidant lycopene is more absorbable when cooked in salsa.

Corn tortillas: Choose blue corn for higher phytonutrients. It is also high in heart-healthy niacin.

Tomatillos: Contain an anti-bacterial phytochemical called withanolides and are loaded with trace minerals.

Peppers: Capcaisin is being studied as an anti-cancer nutrient. They are also full of vitamins A and C for eyes and skin.

Like any other culinary culture, it's all about the ratio. Keep the veggies high and the fried or fatty items — such as cheese and cream — to a minimum and you will be well ahead of the curve. Olé!



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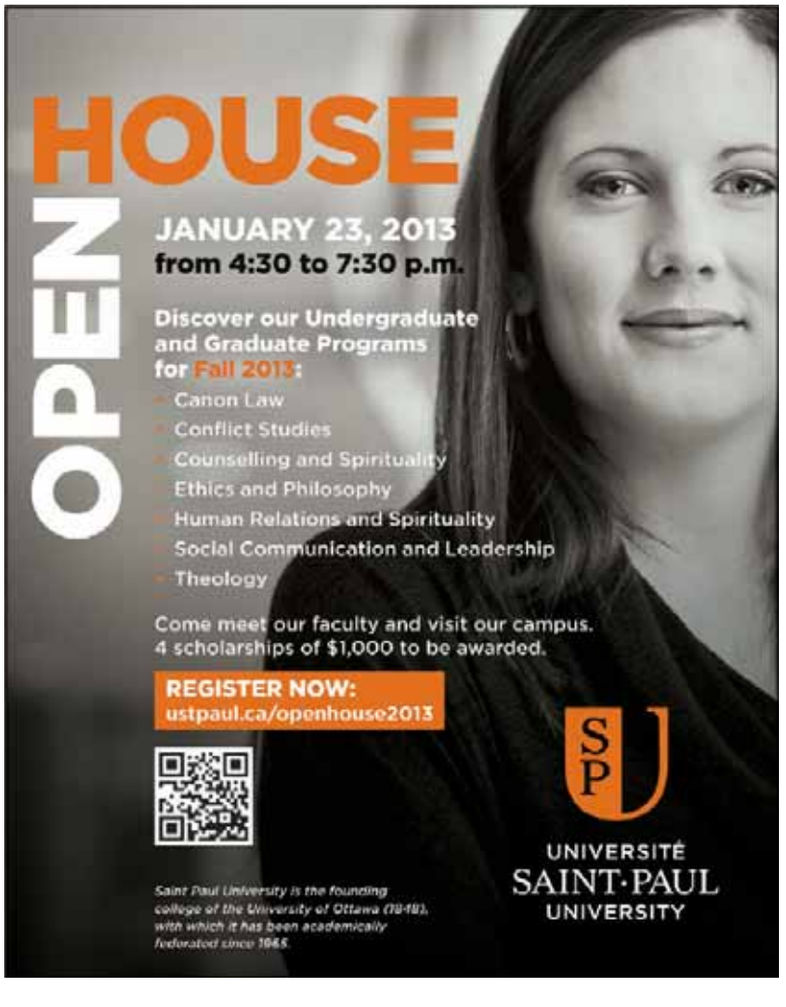
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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

One-pot meal. Chickpeas with Root Veggie Tagine

Ingredients

- 1 tsp cumin seeds (or 2/3 tsp ground cumin)
- 1 tsp coriander seeds (or 2/3 tsp ground coriander)
- 1/2 tsp red pepper flakes (adjust based on desired spiciness)
- 1/2 tsp turmeric powder
- 1/2 tsp cinnamon
- 1/2 tsp black pepper
- 1/2 tbsp sea salt
- 3 tbsp olive oil
- 1 medium white onion, diced
- 4 cloves garlic, finely chopped or pressed
- 2 tbsp tomato paste
- 2 cups vegetable stock
- 1/2 cup carrots, peeled and diced
- 1 cup sweet potatoes, peeled and diced
- 1/2 cup turnip or russet potatoes, peeled and diced
- 1/2 cup pitted and chopped green olives
- 2 cups chickpeas, cooked

1. Toast cumin seeds and coriander seeds in a dry sauté pan until aromatic (you can toast ground spices as well, but be sure not to burn them). If using seeds, once toasted, transfer into a small spice grinder (or coffee grinder) and add the red pepper flakes, turmeric, cinnamon, black pepper and sea salt. Grind till slightly coarse.

2. In a large heavy-bottom shallow pot or deep skillet (cast iron works best) on medium heat, add oil, onions, and garlic. Cook until onions are translucent and golden, stirring continuously for about 3 to 4 minutes.

3. Reduce heat to medium-low, add the spices, tomato paste, vegetable stock, carrots, sweet potatoes and turnip. Cover and simmer for about 25 minutes, or until the carrots and potatoes are tender. Add olives and chickpeas five minutes before turning off the heat.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Breakfast. Morning Glorious Juice

Ingredients

- 1 large cucumber
- A fistful of kale
- A fistful of romaine
- 2 or 3 stalks celery
- 1 big broccoli stem
- 1 green apple, quartered
- 1/2 peeled lemon, quartered

Cucumber is a perfect base for juice blends since it yields lots of mild, refreshing juice and minerals, and it's also a foundation of alkalinity.

1. Wash/prep all ingredients.

2. Juice all ingredients.

KRIS CARR/FROM CRAZY SEXY KITCHEN

ON TRACK TO A HEALTHIER YOU

A PROPER PLAN CAN HELP YOU IMPROVE YOURSELF THIS YEAR

At the beginning of every new year, many people put the push on to start making positive changes in their lives, from exercising more and eating better to quitting smoking.

Many of those with good intentions will give up in frustration before they reach their goal. But with a proper plan in place, disappointment doesn't have to rule the day.

Award-winning master personal trainer Devin Sherrington, the owner of Halifax's 360fit, offers these tips for making, and sticking to, healthy lifestyle changes.

CHOOSE ONE GOAL

Don't try to do too much at once, like ditching drinking, eating better and exercising more. Instead, start with one goal you think is realistic.

"It's less intimidating to set small 'micro goals' that are all aimed toward the bigger goal," Sherrington says. For example, if you would like to drop a couple of clothing sizes, aim to lose about five pounds per month, then focus on getting through one week at a time.

PARTNER WITH A PROFESSIONAL

If you don't know how to achieve your goal, talk with your doctor, a nutritionist or a personal trainer.

"Everyone responds differently to healthy lifestyle plans," Sherrington says.

"The experts can help you figure out the most effective way to reach your goal."

USE THE BUDDY SYSTEM

"The people who are the most successful at making healthy changes are those who have the support of a spouse, friends and family," Sherrington says.

Having even just one buddy on board makes you more accountable and honest.

"Plus, you will pick each other up when you're having a down day, which everyone does at some point," Sherrington says.

REWARD ACHIEVEMENTS

If your plan includes giving up chocolate, pizza or beer, it's best not to go cold turkey.

"It's not a bad idea to have one cheat day a week, as long as you don't overdo it," Sherrington says. "After you've been eating clean for a while, those things won't taste as good as they once did and you'll crave them less."

Other treats could be having a spa treatment or buying a new running jacket — anything that feels special.

BE PATIENT AND STAY POSITIVE

"Fitness and health should never be a negative thing," Sherrington says. "But as with all positive changes, it's important to remember that they're going to take time."

To avoid getting frustrated, don't put a deadline on long-term goals; working toward smaller micro goals will help you stay patient and positive. If you do have a down day, don't beat yourself up. Instead, pick yourself up and keep moving forward.

– Jane Doucet

CHAPTER HELPS PEOPLE DEAL WITH CELIAC DISEASE

The Ottawa chapter of the Canadian Celiac Association holds a series of regular educational and social events to combat the effects of this increasingly common disease. Often mistaken for an allergic reaction, celiac disease is an autoimmune disease that affects the surface of the small intestine. When exposed to gluten, a common ingredient in food, the small intestine becomes irritated and unable to absorb vital nutrients, such as proteins, fats, carbohydrates, vitamins and minerals.

It is estimated that about one per cent of the general population suffers from celiac disease (approximately 8,000 people in the National Capital Region), although physicians often misdiagnose it. Many more suffer from gluten sensitivity. While there is no cure, celiac disease can be controlled with a strict gluten-free diet. Gluten is a protein naturally present in wheat, rye, barley and triticale. It is often added to processed foods as a binding agent.

Founded in 1972, the Canadian Celiac Association now has 28 affiliated chapters and 30 satellite groups across the country. The Ottawa chapter held its first meeting in 1980 and will host two sessions in the next few weeks about the following topics:

ISTOCKPHOTO/THINKSTOCK

- Newly diagnosed meeting — 7:15 p.m., Jan. 23. Learn how to cope with celiac disease and gluten sensitivity.
- Panel of gluten-free bakers and chefs — 7:30 p.m., Feb. 6. Hear how experts prepare gluten-free foods, find trustworthy suppliers and avoid cross-contamination.

The meetings are held at Riverside Church, 3191 Riverside Dr. For more information, please visit celiac.ottawa.on.ca or phone 613-786-1335.

FOR SOMEONE WITH CELIAC DISEASE

THIS PIZZA IS DEADLY

This pizza, or any food product or meal that contains gluten, can make you sick if you have celiac disease. Even trace amounts of gluten, found naturally in wheat, rye, barley and triticale and used in the production of many common food products, can prevent essential nutrients like proteins, fats, carbohydrates, vitamins and minerals from being absorbed during digestion. You might experience symptoms such as anemia, dermatitis herpetiformis, chronic diarrhea, weight loss, fatigue, cramps, bloating and irritability. If your celiac disease goes undiagnosed, you could develop osteoporosis, infertility and cancer. In Canada, it takes an average of 11 years for someone with celiac disease to be properly diagnosed, and more than 90% of those with the disease remain undiagnosed. If you suspect that you or a family member could have celiac disease, ask your doctor to include celiac screening with your next blood test.

Canadian Celiac Association
Association canadienne de la maladie coeliaque

The Canadian Celiac Association is a volunteer-driven charitable organization providing programs of awareness, advocacy, education and research. Founded in 1972, we were the first support group for celiacs in North America and today, with 28 chapters, are the largest and only national celiac support group in Canada.

ASK YOUR DOCTOR FOR THE CELIAC SCREENING TEST

VISIT CELIAC.CA FOR MORE INFORMATION

VARICOSE VEINS CAN BE TREATED

Although they won't kill you, varicose veins can hurt — and they look unsightly.

Do varicose veins hurt?

"If you have a heavy, tired, aching feeling in the legs, that's the result of problems with the large veins at the back and on the inside of the leg, specifically the saphenous veins," explains Dr. Lucie Beaupré, who has specialized in phlebology for more than 30 years. "If you feel burning, tingling and numbness, the problem likely lies with the small veins of the legs."

Who's at risk for varicose?

In her years of experience, Beaupré noted that family history accounts for an estimated 60 per cent to 80 per cent of cases. Obesity or the hormonal changes and extra weight of pregnancy may increase susceptibility because they place more pressure on veins.

Occupational and lifestyle factors that hinder circulation also play a role. For example, there are workers who must stand for long periods of time.

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

The tiny spider veins of legs and face can be eliminated by injections of a mild saline solution. The treatment of choice for large varicose veins is ultrasound guided injection.

According to Beaupré, via ultrasound guided injection, about 95 per cent of cases of large varicies can avoid surgical procedure (stripping).

Exercise to keep your risk of varicose veins to a minimum. You may want to wear compression stockings if you have aches and swelling or you have been treated for varicose veins.

More importantly, you should seek treatment early, Beaupré says.

VISIT THE PROFESSIONALS AT CARESS ELECTROLYSIS

Caress Electrolysis specializes in permanently removing unwanted hair and skin imperfections using state-of-the-art equipment operated by experienced, attentive professionals.

Located off Greenbank Road in Barrhaven, Caress offers the highest standard of sterilization in a comfortable, professional atmosphere. Electrolysis, the only permanent method of hair removal, can be performed on any area on the body and on any colour and type of skin and hair.

Allison, now a regular client, recalls her inaugural visit: "My first impression was of the facility's cleanliness and its relaxing atmosphere. When Kathryn Hay, the owner of Caress, explained electrolysis to me, I could tell that I was dealing with a true professional."

Caress offers complimentary consultations: An electrologist will examine the area you would like treated, explain potential procedures and treatment plans, provide a cost estimate and address any concerns you may have. As an informed consumer, you will then have all the information you need to decide whether to proceed with treatments.

CONTRIBUTED

The Caress team consists of five certified electrologists, including three with more than 20 years' experience each, and all members of the team continually update their training to learn new techniques and deliver the best possible results.

Caress Electrolyis also treats a variety of skin anomalies such as skin tags, visible facial capillaries, cherry angiomas, milia, keratosis and angiokeratomas, along with traumatized pores of unwanted piercings. Thermocoagulation is an effective and gentle, non-surgical procedure that reduces or eliminates skin anomalies. In most cases, the professionals at Caress can treat multiple anomalies during one session; many anomalies require only one treatment.

ISTOCKPHOTO/THINKSTOCK

LEADING THE WAY IN ALLERGY RESEARCH

A facility adjacent to the Civic campus of the Ottawa Hospital helps advance our understanding of allergies through a unique combination of research and clinical care. The facility on Carling Avenue houses a fully equipped laboratory and research centre, along with the busy medical practice of Dr. William H. Yang.

An allergy and immunology specialist, Yang has worked as an Ottawa physician, researcher and professor for more than three decades. Recognized as a leading expert in allergies and asthma, he has seen hundreds of his papers published in peer-reviewed journals and regularly leads clinical trials for biotechnology and pharmaceutical companies. Yang is also a consulting staff member at the Ottawa Hospital and an assistant professor with the University of Ottawa's Faculty of Medicine. And he treats hundreds of patients on a regular basis.

"Ultimately, helping people through research is my passion," Yang says. "Some allergies have become much more common over the years. At the same time, however, research and clinical trials have identified and improved therapies that help avoid allergic reactions and better control them when they do occur."

Along with allergies and asthma, Yang's practice also focuses on chronic obstructive pulmonary disease, vaccines, hereditary angioedema and rheumatoid arthritis. To ensure his patients have a steady supply of the extracts, venoms and treatment kits needed for treatments, Yang established National Capital Allergy Lab Services in 1998.

"It's a privilege for me to be able to provide good-quality care based on the latest scientific research," he says.

CHOOSE A CAREER AS A DENTAL HYGIENIST

Thanks to recent changes in legislation, a career in dental hygiene is more attractive than ever.

Ontario has joined the ranks of other provinces by allowing registered dental hygienists to practise outside a dentist's office through a process known as "self-initiation." Legislative changes and health-care reform initiatives have facilitated the public's access to dental hygiene services.

Private colleges such as the Canadian National Institute of Health (CNIH) in Ottawa provide the training for graduate dental hygienists to set up successful independent practices. CNIH encourages graduates to consider opening their own practices under a variety of business models.

"Our school offers state-of-the-art equipment and during the 18-month dental hygienist program, CNIH students learn about everything from cleaning teeth to managing an independent business," says CNIH president James Keslassy.

A new pilot project this year will see CNIH partner with the Canadian Dental Hygienist Association (CDHA) to help self-initiated dental hygienists build client pools large enough to practise independently. Through weekend clinics and continuous education courses, CNIH and CDHA will help prepare dental hygienists to pursue their dream of owning their own practice

CDHA president Sandy Lawlor adds, "the CDHA is committed to developing prospects for dental hygienists to explore independent practice. We believe that this pilot project provides members with a convenient, low-risk opportunity to explore whether or not independent practice is for them."

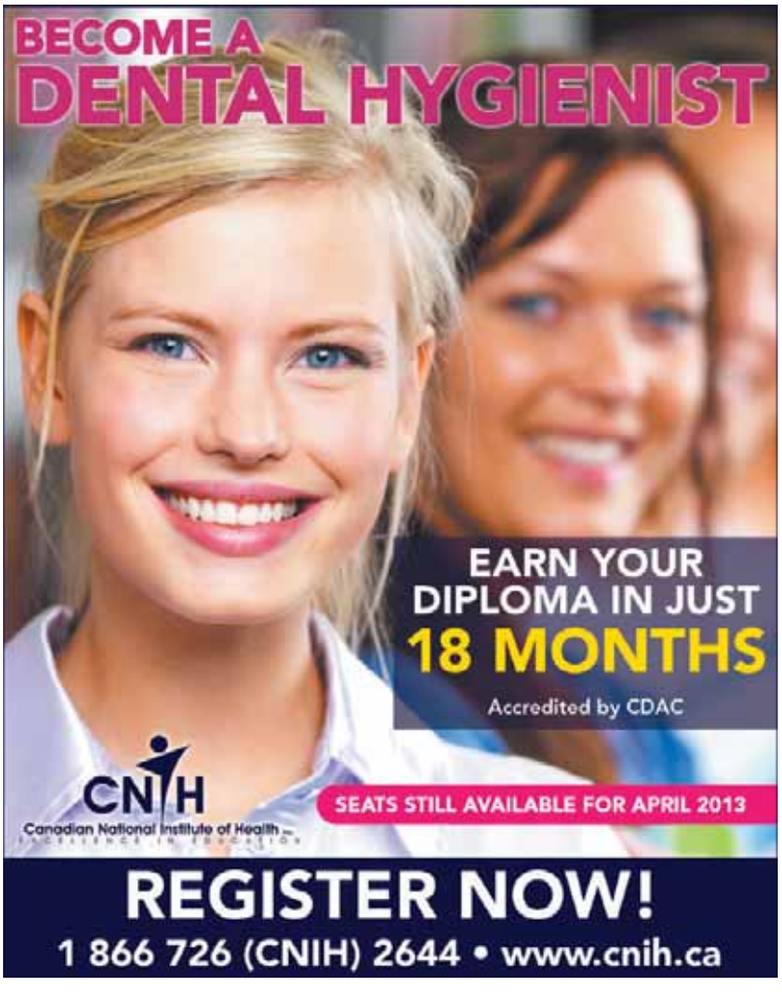
THINKSTOCK IMAGES/COMSTOCK/THINKSTOCK

Do you suffer from **ASTHMA**?

- Wake up at night because of your asthma symptoms?
- Are you limited in your daily activities?
- Wake up in the morning with asthma symptoms?
- Feel out of breath?

If you are between the ages of 18 and 65, answered yes to some of these questions, and are currently using a daily inhaler containing an anti-inflammatory you could be eligible to participate in our research study.

For more information please contact us at:
Ottawa Allergy Research
613-725-2102
ext. **248**



Why do men cheat? Filmmaker tells us what makes a philanderer tick

Q&A. Marc de Guerre's provocative documentary explores the science behind a taken man who strays

ANNE BRODIE
life@metronews.ca

Filmmaker Marc de Guerre looks at the biology and psychology of male messin' around in a documentary with insights from divorce attorneys, doctors and psychologists, bloggers and academics. Infamous cheaters like Dominique Strauss-Kahn, David Petraeus, Bill Clinton and Genghis Khan as well as society's regular Joes are put under his microscope. We spoke with de Guerre from Rome.

You find that cheating in men is hardwired, grounded in science. Is that just an "out"?
No, not morally. Whether or not it's moral, there are millions of levels of dishonesty, a million ways to break someone's heart. Our biological makeup is never an excuse. The worst outcome would be for men to feel, "Well I'm hardwired to do this." The thing that ruins that kind of thinking for men who might be tempted to throw it out there is that most men, unless they are sociopaths or psychopaths, have a conscience. Men can feel an enormous amount of guilt, that's what stops many.

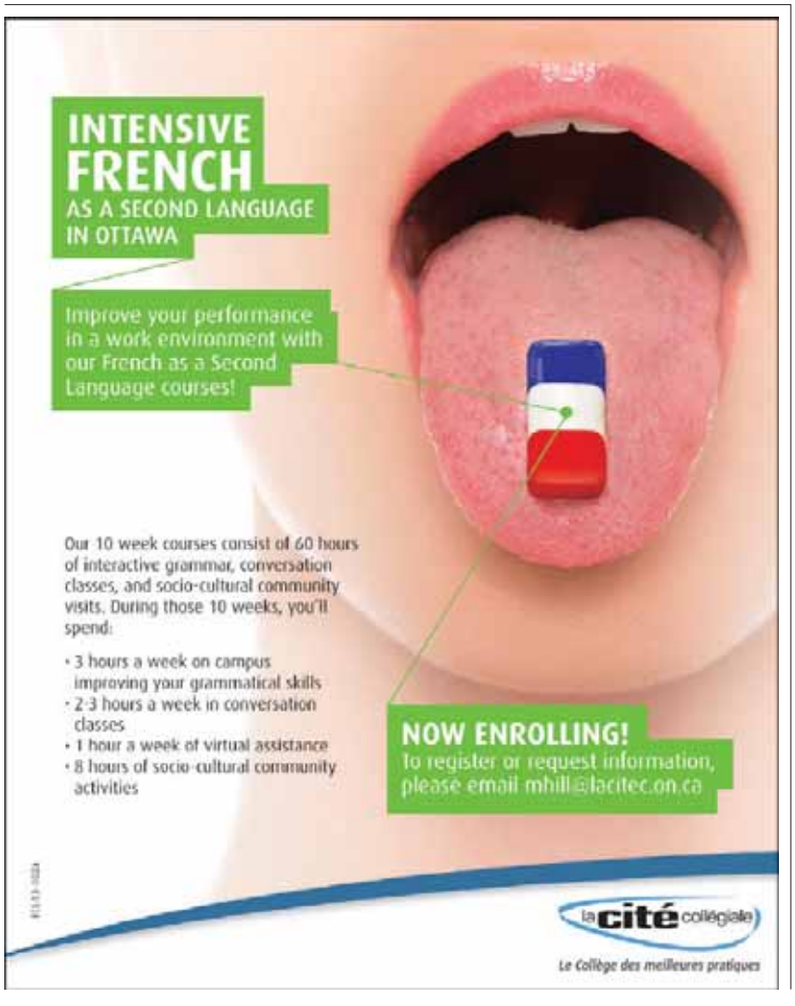
Men and women are differently wired for sex. So why does 90 per cent of the population believe monogamy is the deal?
It's dishonest. And I'm amazed that that statistic keeps going up. More and more young people really believe that monogamy is best and all that. And in lots of ways it is, because in a way it's simplest and what kind of life does someone want to live? Men periodically need jolts to their psyche and testosterone, and anyone in a long-term relationship can understand that. But how much chaos does someone want to introduce to their life? It is the ultimate deal breaker and there is nothing else that remotely competes with that as a deal breaker.

Is it inevitable that some men cheat? Not necessarily. Most men do actually have a powerful conscience. ISTOCK

People will throw away a 30-year relationship because of it.

Really? Thirty years of companionship and sharing a life and travelling and shared friendship and throw all of that away?
But I think some people threaten to leave and then they have to back it up. That's enlightened in a weird way. All those other things are more important than the quality of the sex life. What do you expect after 20 years or even five years? Monogamy gets richer and richer in other things. The relationship grows in value of basic respect for each other. To me, the deal breaker is unhealthy treatment of one another.

What happens to men who are repressed in long-term relationships?
You see it in a lot of marriages. Men get stuck and can't find any way of expressing themselves. There are a lot of men who are so bottled up it's not funny. And pornography is one of the things that have come on-board in the last 15 years because of the Internet. Gay men say the whole point of being gay is to be honest about your sexuality and straight men are never asked who they are. They hide behind these archetypal forms of behaviour, like playing golf. If they rediscovered their sexual side, golf greens would disappear. They'd become big empty fields.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Our 10 week courses consist of 60 hours of interactive grammar, conversation classes, and socio-cultural community visits. During those 10 weeks, you'll spend:
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Credit card statement

Race is on to repay holiday spending

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

You need a plan to clear your balance as quickly and efficiently as possible. ISTOCK IMAGES

Still reeling from your holiday spending hangover? Brace yourself — the worst is yet to come. Inch your way toward the mailbox and retrieve your credit card statement. Look at your balance and take 10 deep breaths of fresh air.

You need a plan to clear your balance as quickly and efficiently as possible.

Start by knowing the facts. First, from today, you have approximately one week until the minimum payment on your credit card statement is due. Second, if you don't clear your balance, you'll start paying interest on your new purchases (plus the existing balance if one exists) to the tune of 19 per cent. Third, because credit card companies accrue interest charges by the day, the cost to carry credit card debt is outrageous.

Now, raise your right hand, place it over your heart and vow to go on a spending hiatus until the balance is paid off. Accruing more debt while paying off the existing will destroy your chances of becoming debt-free.

Check how much you have in your bank account and if you've got the cash, pay off your credit card.

If not, determine the full extent of your holiday spending damage. Then put your game face on, pick up the phone and start negotiating. Call your lender and ask for a lower interest rate. By presenting a competitive offer, you can persuade the lender. But, if they won't reduce the rate, transfer your business elsewhere.

Next, make more than the minimum payment, otherwise you'll barely cover the interest charges. Making minimum payments on a $1,000 balance would cost $1,000 in interest charges and take 115 months to pay off at 19 per cent interest (interest plus one per cent of the balance). If instead you paid a regular amount of $50 per month, you'd clear the balance in 25 months and pay $200 in interest. (Check outgetsmarteraboutmoney.com to see how much your credit card is costing you.)

Be resourceful and find ways to pay more. Cut out unnecessary expenses like dinners at restaurants and sell unused household items like televisions or bookshelves on Kijiji.

Because interest accrues daily on credit cards, break the interest rate cycle with more frequent payments in biweekly or weekly intervals.

If you're in way too deep, call a credit counsellor. Get excited. You have the power to rid yourself of credit card debt.

Follow Lesley on Twitter @LesleyScorgie

NHL

HNIC sets ratings records in return

Hockey Night in Canada drew record numbers for the first NHL broadcast of the season on Jan. 19, CBC says.

The public broadcaster says the battle between the Toronto Maple Leafs and Montreal Canadiens drew a record average audience of 3.3 million viewers.

Citing ratings data from the Bureau of Broadcast Measurement, CBC said it was the most-watched regular-season Prime East game ever on the network.

And it says the Ottawa Senators and Winnipeg Jets game drew an average audience of 1.49 million viewers, breaking the record for a Saturday-afternoon game.

The Vancouver Canucks and Anaheim Ducks drew nearly 1.47 million viewers.

THE CANADIAN PRESS

NBA

Kings appear to be Seattle bound

Nearly five years after their colours, banners and history were packed away into storage and their franchise relocated, the SuperSonics are one significant step closer to returning to Seattle.

And the Kings are on the edge of leaving Sacramento.

All that appears to stand in the way now is approval by NBA owners.

The Maloof family has agreed to sell the Kings to a Seattle group led by investor Chris Hansen, the league confirmed in a statement on Monday morning. The deal is still pending a vote by the NBA board of governors.

THE ASSOCIATED PRESS

Gritty Senators forward Chris Neil, left, takes a holding penalty as Panthers winger Jack Skille falls to the ice at Scotiabank Place on Monday. Ottawa won its home opener 4-0 over Florida. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Senators open with a bang vs. Panthers

NHL. Fans at Scotiabank Place go home happy with strong all-around effort from home team

Home opener

Senators	Panthers
4	0

Kyle Turris scored twice and Craig Anderson made 31 saves on Monday as the Ottawa Senators shut out the Florida Panthers 4-0 in their home opener of the lockout-shortened season.

Jim O'Brien and Jakob Silfverberg, with his first NHL goal, also scored for the Senators (2-0-0).

Jose Theodore was strong in defeat for the Panthers (1-1-0), finishing with 33 stops.

Anderson, making his second straight start to open the season, picked up his 20th career shutout.

Ottawa opened the scoring with a power-play goal midway through the first as rookie defenceman Patrick Wiercioch showed some patience before finding Turris, who beat Theodore with a quick one-timer.

Turris gave the Senators a 2-0 lead at the 12-minute mark of the second on a great pass from Guillaume Latendresse. Turris skated across centre and fed the puck to Latendresse at the blue-line, who then waited just long enough to find Turris right in front of Theodore's crease.

The Panthers struggled to create much of anything offensively and Anderson, who is showing no signs of post-lockout rust, easily handled what few chances they did have. The Senators goalie was at his best in the third as the Panthers outshot Ottawa 15-11.

With just over two minutes remaining, O'Brien broke through two Panthers and beat Theodore through the five-hole to put the game out of reach. Silfverberg then took a pass from Jason Spezza to pick up his first NHL goal more than a minute later to round out the scoring.

Both teams were slow off the start, but the intensity picked up throughout the game as they fed off the energy of the sellout crowd of 19,952 at Scotiabank Place.

The loudest cheer in the pre-game introductions was for Senators captain Daniel Alfredsson. Ottawa native Marc Methot, making his Senators home debut, was a close second.

Monday's game also marked the return of former Senators Filip Kuba and Alex Kovalev, who were booed every time they touched the puck.

THE CANADIAN PRESS

Bruins' Bergeron shows off full repertoire

Patrice Bergeron showed why he's more than just an offensive forward.

Bergeron helped kill off a penalty in overtime before scoring in the shootout, leading the Boston Bruins to a 2-1 win over the Winnipeg Jets on Monday afternoon.

Tyler Seguin scored the other shootout goal and Brad Marchand had the regulation goal for the Bruins (2-0-0).

Boston was short-handed for the first two minutes, 17 seconds of overtime.

Bergeron felt like the solid penalty killing was a simply a matter of repetition.

"We've stuck to our system," he said. "I guess we've kept it simple."

Monday's game

Bruins	Jets
2	1

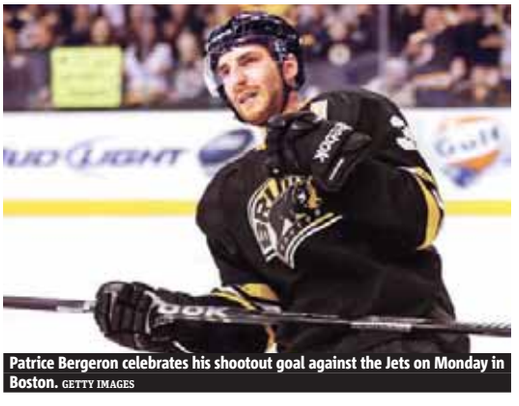
Tuukka Rask made 26 saves in regulation and overtime and Blake Wheeler was the only Jet to score in the shootout. Bryan Little, the last shooter, hit the right post to end the game.

Ondrej Pavelec made 26 saves in regulation for the Jets, but gave up goals to Boston's first two shooters in the extra session. Chris Thorburn scored for the Jets (0-1-1).

In the shootout, Seguin moved in, shifted a few times before beating Pavelec with a forehand shot to the glove side. Bergeron, the second shooter, slipped the puck between Pavelec's pads.

The Jets played the final 1:11 of regulation and opening 49 seconds of OT on a power play when Johnny Boychuk high-sticked Little. Olli Jokinen's tip-in attempt slid just wide of an the net in the closing seconds.

THE ASSOCIATED PRESS



Patrice Bergeron celebrates his shootout goal against the Jets on Monday in Boston. GETTY IMAGES

4 SPORTS

Sports in brief

1 Knick-Nets. Johnson seals deal in New York

Joe Johnson made the go-ahead jumper with 22 seconds left and scored 25 points, leading the Brooklyn Nets to an 88-85 over the New York Knicks on Monday and a split of the four-game series between the city rivals.

THE ASSOCIATED PRESS

2 Tennis. Raonic falls to legend Federer

Roger Federer overcame big-serving Canadian Milos Raonic 6-4, 7-6 (4), 6-2 in the fourth round of the Australian Open on Monday night to reach the quarter-finals at a 35th consecutive Grand Slam tournament.

THE ASSOCIATED PRESS

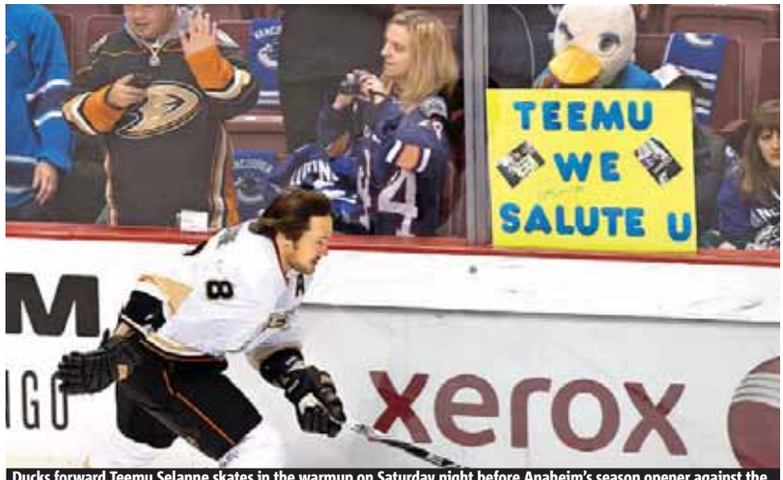
3 NHL. Flames part ways with backup Karlsson

The Chicago Blackhawks acquired goalie Henrik Karlsson from the Calgary Flames for a seventh-round draft pick in this year's entry draft on Monday.

THE ASSOCIATED PRESS

Far from a flash in the pan: Selanne thriving at age 42

NHL. Ducks forward shows no signs of slowing after four-point game in season opener



Ducks forward Teemu Selanne skates in the warmup on Saturday night before Anaheim's season opener against the Canucks in Vancouver. Selanne had two goals and two assists in the Ducks' 7-3 win. DARRYL DYCK/THE CANADIAN PRESS

Teemu Selanne is drinking up the last sweet drops of his NHL career.

At 42 years, six months and 16 days, Selanne is the oldest active player in the league this lockout-shortened season.

The Anaheim Ducks winger has the air of a man enjoying an extended youth that he knows is rare and limited in professional sports.

"When you're older, you know there's not going to be much left," Selanne said Monday in Calgary prior to the Ducks taking on the Flames.

"You know it's the end of the road and it's right to enjoy every day. The older you get, you start to enjoy the little things and different stuff than when you're 22."

But Selanne isn't looking or acting his age. He scored two goals and had two assists in Anaheim's 7-3 win over Vancouver to open the season, making him the oldest player to produce a four-point game since Gordie Howe in 1971.

Selanne was also the oldest player to appear in all 82 games last season, with 26 goals and 40 assists in his 20th NHL campaign.

"The Finnish Flash" is still fit and muscular. There are laugh lines around his eyes, but no grey hairs on his head.

Flames coach Bob Hartley compares him to Brad Pitt's character in The Curious Case of Benjamin Button, living a life from death to birth instead of the reverse.

"Selanne is going the wrong way," Hartley says. "It seems he's getting younger year by year."

Selanne revealed the secret to his longevity in the NHL.

"I enjoy playing, I'm pretty healthy still and playing with great players. Those are the combinations that usually work," the Helsinki native says. "There's a lot of things you've got to do well and I'm very proud I'm still able to play against these young guys at this age."

THE CANADIAN PRESS

Quoted

"I'm not trying to brag for my player, but that's an amazing, amazing feat what he's doing at his age."

Ducks coach Bruce Boudreau, on his 42-year-old forward Teemu Selanne

NFL. Lewis links Ravens' Super Bowl past and present

When the Baltimore Ravens last went to the Super Bowl, Art Modell was the owner, Brian Billick served as head coach and Trent Dilfer was the starting quarterback.

Now, 12 years later, they're back with owner Steve Bisciotti, coach John Harbaugh, QB Joe Flacco and one significant link to both teams: Ray Lewis.

Drawing inspiration from Lewis, their long-time middle linebacker, the Ravens bullied their way past New England 28-13 Sunday night to win the AFC championship and set up a matchup with the San Francisco 49ers. The victory ended a lengthy dry spell for a franchise with one Super Bowl appearance in its 17 years of existence.

Lewis was voted Super Bowl MVP after the Ravens beat the New York Giants 34-7 on Jan. 28, 2001. He announced earlier this month that he would step into retirement after Baltimore completes its current playoff run.

"Ray is a guy who's been here since the beginning of this franchise," strong safety Bernard Pollard said Monday. "He's a guy who is The Raven. We respect him when he speaks. Everybody stops and everybody hears him. He's kept this team together, he's kept this organization together in so many ways."

Linebacker Ray Lewis celebrates after the Ravens' AFC championship win over the Patriots on Sunday in Foxborough, Mass. ELSA/GETTY IMAGES

Quoted

"It's a tough deal to get to, but we've made it this far and we just got to make the most of it."

Ravens quarterback Joe Flacco, on making it to the Super Bowl

Lewis knows what it takes to win. He knows about playing in the Super Bowl. Most of all, he knows how to get his teammates ready to play with unyielding intensity.

"There's no one like him, somebody that means as much as he does to this team," centre Matt Birk said.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	9	4	4
New Jersey	1	1	0	0	2	1	2
NY Islanders	2	1	1	0	5	5	2
NY Rangers	2	0	2	0	4	9	0
Philadelphia	2	0	2	0	3	8	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	2	2	0	0	5	2	4
Ottawa	1	1	0	0	4	1	2
Buffalo	1	1	0	0	5	2	2
Toronto	1	1	0	0	2	1	2
Montreal	1	0	1	0	1	2	0

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Florida	1	1	0	0	5	1	2
Tampa Bay	2	1	1	0	9	7	2
Winnipeg	2	0	1	1	2	6	1
Washington	1	0	1	0	3	6	0
Carolina	1	0	1	0	1	5	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	2	2	0	0	11	6	4
St. Louis	2	2	0	0	10	3	4
Columbus	1	1	0	0	3	2	2
Nashville	2	0	0	2	5	7	2
Detroit	1	0	1	0	0	6	0

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	2	2	0	0	5	2	4
Edmonton	1	1	0	0	3	2	2
Vancouver	2	0	1	1	5	10	1
Colorado	1	0	1	0	2	4	0
Calgary	1	0	1	0	1	4	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	1	1	0	0	7	3	2
San Jose	1	1	0	0	4	1	2
Dallas	2	1	1	0	4	4	2
Los Angeles	1	0	1	0	2	5	0
Phoenix	2	0	2	0	7	10	0

Monday's results
NY Islanders 4 Tampa Bay 3
Boston 2 Winnipeg 1 (SO)
St. Louis 4 Nashville 3 (SO)
Buffalo at Toronto
Florida at Ottawa
Detroit at Columbus
Anaheim at Calgary
Tuesday's games — All Times Eastern
Winnipeg at Washington, 7 p.m.
Tampa Bay at Carolina, 7 p.m.
Florida at Montreal, 7:30 p.m.
Dallas at Detroit, 7:30 p.m.
Philadelphia at New Jersey, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
Los Angeles at Colorado, 9 p.m.
San Jose at Edmonton, 10 p.m.

BRUINS 2, JETS 1 (SO)

First Period
1. Winnipeg, Thorburn 1 (Postma, Slater) 1:58
2. Boston, Marchand 1 (Seguin) 14:12
Penalties — None.
Second Period
No Scoring.
Penalties — Krejci Bos (High-sticking) 1:27, Ference Bos (Tripping) 5:44, Stuart Win (Interference) 18:20.
Third Period
No Scoring.
Penalties — Kane Win (Goaltender Interference) 12:31, Boychuk Bos (High-sticking) 18:49.
Overtime
No Scoring.
Penalties — Chara Bos (Holding) 3:32.
Shootout
Boston: 2, Winnipeg: 1.
Winnipeg: Wheeler goal, Jokinen miss, Little miss.
Boston: Seguin goal, Bergeron goal, Bourque miss.
Shots on goal:

Winnipeg	**11**	**4**	**12**	**0—27**
Boston	**12**	**6**	**8**	**1—27**

Goal — Winnipeg: Pavelec (LS, 0-1-1). Boston: Rask (W, 2-0-0).
Power plays (goal-chances) — Winnipeg: 0-4. Boston: 0-2.
Referees — Mike Hasenfratz, Kelly Sutherland.
Linesmen — Darren Gibbs, Shane Heyer.
Attendance — 17,565 at Boston.

TENNIS

ATP — WTA
AUSTRALIAN OPEN

At Melbourne, Australia
MEN
Singles — Fourth Round
Roger Federer (2), Switzerland, def. **Milos Raonic (13), Thornhill, Ont.**, 6-4, 7-6 (4), 6-2.
Andy Murray (3), Britain, def. Gilles Simon (14), France, 6-3, 6-1, 6-3.
Jo-Wilfried Tsonga (7), France, def. Richard Gasquet (9), France, 6-4, 3-6, 6-3, 6-2.
Jeremy Chardy, France, def. Andreas Seppi (21), Italy, 5-7. 6-3, 6-2, 6-2.
WOMEN
Singles — Fourth Round
Victoria Azarenka (1), Belarus, def. Elena Vesnina, Russia, 6-1, 6-1.
Serena Williams (3), U.S., def. Maria Kirilenko (14), Russia, 6-2, 6-0.
Svetlana Kuznetsova, Russia, def. Caroline Wozniacki (10), Denmark, 6-2, 2-6, 7-5.
Sloane Stephens (29), U.S., def. Bojana Jovanovski, Serbia, 6-1, 3-6, 7-5.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	26	12	.684	—
New York	25	14	.641	1½
Indiana	26	16	.619	2
Brooklyn	25	16	.610	2½
Chicago	23	16	.590	3½
Atlanta	23	18	.561	4½
Milwaukee	21	18	.538	5½
Boston	20	20	.500	7
Philadelphia	17	23	.425	10
Detroit	15	25	.375	12
Toronto	**15**	**26**	**.366**	**12½**
Orlando	14	26	.350	13
Charlotte	10	31	.244	17½
Cleveland	10	32	.238	18
Washington	8	30	.211	18

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	32	9	.780	—
L.A. Clippers	32	10	.762	½
San Antonio	32	11	.744	1
Memphis	26	14	.650	5½
Golden State	25	15	.625	6½
Denver	25	18	.581	8
Utah	22	19	.537	10
Houston	22	21	.512	11
Portland	20	20	.500	11½
Minnesota	17	21	.447	13½
Dallas	18	24	.429	14½
L.A. Lakers	17	23	.425	14½
Sacramento	16	26	.381	16½
New Orleans	14	27	.341	18
Phoenix	13	28	.317	19

Monday's results
Indiana 82 Memphis 81
New Orleans 114 Sacramento 105
Houston 100 Charlotte 94
Atlanta 104 Minnesota 96
Brooklyn 88 New York 85
Golden State 106 L.A. Clippers 99
San Antonio at Philadelphia
L.A. Lakers at Chicago
Washington at Portland
Tuesday's games — All Times Eastern
Boston at Cleveland, 7 p.m.
Orlando at Detroit, 7:30 p.m.
Philadelphia at Milwaukee, 8 p.m.
Oklahoma City at L.A. Clippers, 10:30 p.m.
Wednesday's games
Atlanta at Charlotte, 7 p.m.
Toronto at Miami, 7:30 p.m.
Brooklyn at Minnesota, 8 p.m.
Denver at Houston, 8 p.m.
L.A. Lakers at Memphis, 8 p.m.
Detroit at Chicago, 8 p.m.
New Orleans at San Antonio, 8:30 p.m.
Washington at Utah, 9 p.m.
Indiana at Portland, 10 p.m.
Phoenix at Sacramento, 10 p.m.
Oklahoma City at Golden State, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
If a friend asks you for assistance today you will do everything in your power to help them out. The more people you assist now the more they will step forward to help you later in your own moment of need.

♉ Taurus
April 21 - May 21
You need to remind important people that you still exist. Some of them may have forgotten! Make sure they know you are available when opportunity comes knocking. If you stand in the shadows you will be invisible.

♊ Gemini
May 22 - June 21
The world needs people who are not afraid to stand up and say things that the establishment won't like. The world needs people like you. Give your opinions freely and honestly today – and get ready for the backlash!

♋ Cancer
June 22 - July 23
There is no point pretending that everything is fine when you know it is not. More than anything today you need to confront your inner demons – because until you have won them over you won't win over anything else.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Uranus link will help you put your feelings into words. Loved ones have been waiting for you to tell them what's going on in your heart and your head and when they do they will love you all the more.

♍ Virgo
Aug. 24 - Sept. 23
Use your time wisely today because there is a lot you have to get through on the work front. Be creative by all means but be creative with a purpose in mind. There are only 24 hours in every day.

♎ Libra
Sept. 24 - Oct. 23
No matter how overwhelming the odds may be you simply refuse to give up and over the next two or three day your stubbornness will pay off in a big way. Who said Libras lack staying power? They're wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Use your incisive Scorpio mind to cut through the fog of confusion and identify the two or three things that are of real importance – and ignore everything else. Life is simple when reduced to its essentials.

♐ Sagittarius
Nov. 23 - Dec. 21
Take a few minutes out of your busy schedule to work out where you are – and don't be surprised to find you have strayed off course. Does it matter? Not really. Should you change direction again? Only if you want to.

♑ Capricorn
Dec. 22 - Jan. 20
You are now in touching distance of a goal you set yourself a long time ago. All it needs is one final push and you will cross the finishing line ahead of your rivals. Make the effort – it will be worth it.

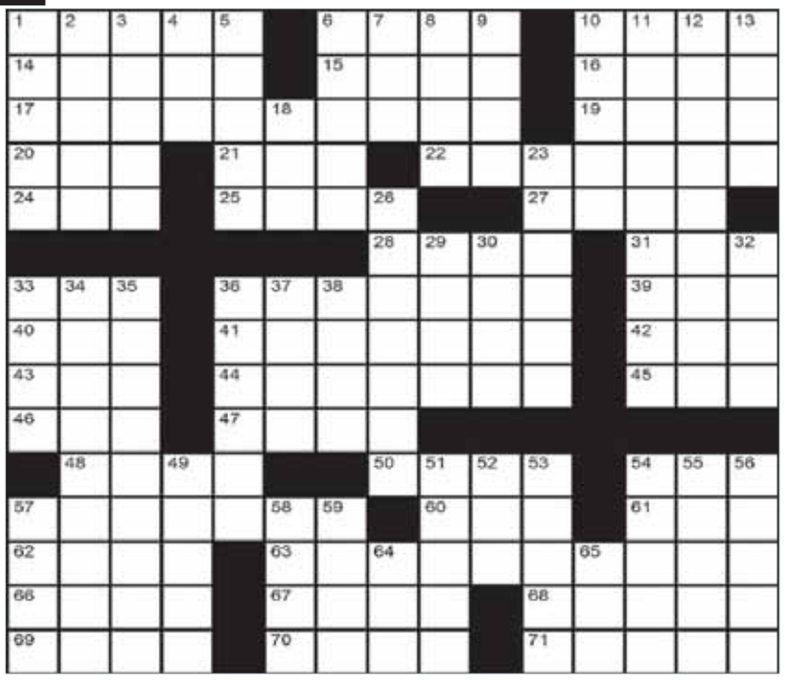
♒ Aquarius
Jan. 21 - Feb. 19
Mind planet Mercury links with your ruling planet Uranus today, helping you to see things lesser mortals tend to miss. It will work to your advantage, of course, but find ways to help other people too.

♓ Pisces
Feb. 20 - March 20
Your time would best be spent today going over old ground and making sure there are no loose ends that might trip you up later on. Remember: intuition can't reveal everything – sometimes you have to use logic as well.

SALLY BROMPTON

Crossword: Canada Across and Down

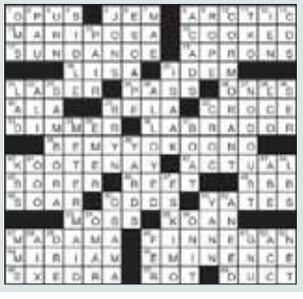
BY KELLY ANN BUCHANAN



Across
1. Hamilton-born actress on ABC series "Castle", Stana __
6. Apple product
10. CBC Radio/TV talk program, "Q with __ Ghomeshi"
14. Prefix that means 'Rainbow'
15. Video __
16. Vogue's Ms. Wintour
17. Canadian contractor: 2 wds.
19. Nutritional suggested amts.
20. Politician's positive
21. "Don't Bring Me Down" gr.
22. Kinda kind
24. Building wing
25. Bright city light
27. Leave in, in proofreading
28. Of a lyric poem
31. Low: French
33. Ohs partners
36. Canadian singer Nelly
39. Cigarette danglee
40. Ms. Benatar
41. Inclined: 3 wds.
42. Winnipeg's Ms. Vardalos
43. Knight's title
44. Political maneuvering, with Shuffle
45. "Hawaii Five-0" star, Daniel __ Kim
46. Historic time
47. So
48. Houston baseball player, informally
50. Highlander
54. Stitch
57. Ready to take on the challenge: 3 wds.
60. Legume
61. That, in Tijuana
62. __ Morne National Park, Nfld.
63. Toronto improv mecca, The __: 2 wds.
66. Tortoise's competitor
67. Romance lang.
68. Canadian territory
69. Director Mr. Pollack, et al.
70. Roman ruler
71. Ski resort's one-of-some

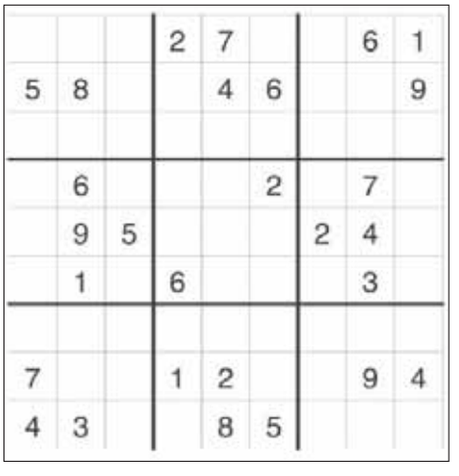
Down
1. Brangelina-style name for star couple West/Kardashian
2. Princess in "The Little Mermaid" (1989)
3. Mayan archaeological site
4. 'Fluor' suffix
5. "Hallelujah" songwriter Leonard
6. Domed dwelling
7. Cooking spray
8. Prayer-ender
9. Lucy's love
10. Actress, Marissa __ Winokur
11. Arcade Fire, for example: 2 wds.
12. Daughter of Nicholas II of Russia
13. Basketball player Steve
18. Toreador's taunt
23. Actor, George _. __
26. Julia Roberts flick, "__ Hill" (1999)
29. Dashiell Hammett novel, The __ Curse
30. Comic actor Eric
32. Canadian ice dancer, __-Lynn Bourne
33. Church's vaulted part
34. Broadway musical
35. Justin Bieber's hometown
36. "The X __"
37. Salt Lake City's state
38. Rapini, aka Broccoli __
49. "The Bachelor" flowers
51. Speedskater, __ Anton Ohno
52. 'Velvet' suffix
53. Belonging to Miss Gaga
54. Watch brand
55. Impede, in law
56. Garth's pal in movies
57. Recoiler's reactions
58. "Beauty __ the eye...": 2 wds.
59. Guillotine target?
64. Electric __
65. __-de-sac

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

9	3	1	8	7	2	6	4	5
6	8	4	1	3	5	2	7	9
5	7	2	4	9	6	1	3	8
3	5	8	6	2	1	4	9	7
4	6	9	7	5	8	3	2	1
2	1	7	9	4	3	5	8	6
7	9	3	5	6	4	8	1	2
1	4	5	2	8	9	7	6	3
8	2	6	3	1	7	9	5	4

Today
-15°/-28°
Variable
Wednesday
-22°/-26°
Mainly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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ACID SCRATCH TEST

The first step we use is an acid scratch test. This may be the only test that is used if the test goes well. We scratch the item on a smooth touch stone (similar to slate). This does not damage the piece in any way, but makes a fine mark on the stone.

SPECIFIC GRAVITY MACHINE

The second step that may be conducted is a measurement of your item's density. By weighing the item first on a normal scale, and then underwater, the density is calculated. Since gold is a very heavy metal, the density allows us to calculate the purity of your gold.

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2. *Our friendly and professional staff will test your items right in front of you and involve you in every step.*
3. *Receive your instant on-the-spot payout!*

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9999 Canada Maple leaf, less than 1 ounce	$51.75/g
24k Jewellery	$40.70/g
22k	$37.28/g
E. Indian/Nuggets	$33.05/g
18k	$30.53/g
Dental Gold (yellow)	$24.83/g
14k	$23.73/g
10k	$16.93/g
9k	$15.26/g
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